

POWER TOOL 9

PLANNING FOR TOUGH TIMES



headspace toolkit

Advocacy in Somerset

Your Right to Know
(and Your Right to be Heard).

For young people who are inpatients of psychiatric units.

Help to plan if things take a downturn

Use this tool to say in advance how you want to be looked after and treated if you become unable to (maybe through being too angry, upset or confused) communicate your views and feelings to other people.

Things that can trigger me off:

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Things that staff can do to help me in this situation:

(e.g. take me to my room, not let me go to my room, take me outside, offer me medication, play a game...)

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I prefer to have a male female don't mind (please tick) member of staff when I feel like this.

Treatment I would be happy to receive:

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Treatment I would not be happy to receive:

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Objects that I want to have around me if I am feeling really unwell:

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Objects that I want to be kept away from if I am feeling this way

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People that I want to be kept away from if I am feeling this way

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I wish for this form to be placed on my medical records and a copy to be given back to me please